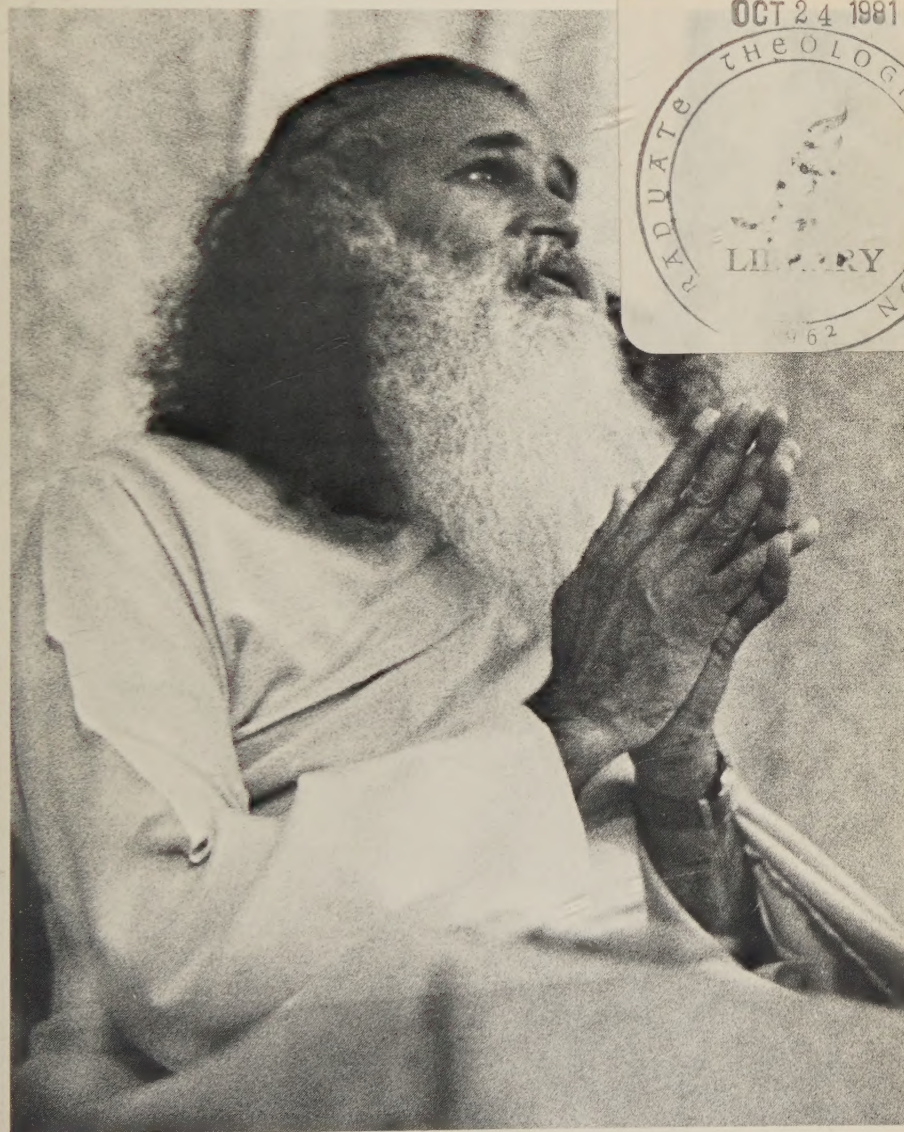


Pathways to Peace 10: Surrender

Integral Yoga®

The Teachings of Swami Satchidananda



Sri Gurudev: With Every Breath

The Tao of God by Chuang Tse

Dr. Albert Schweitzer, Tom Whitecloud, Abdu'l Baha



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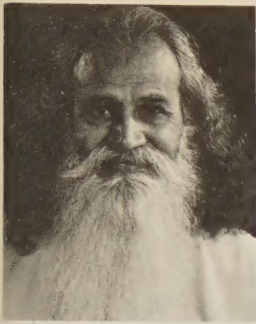
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Integral Yoga®

The Teachings of Swami Satchidananda

Volume 12, No. 5 October 1981

Pathways to Peace 10: Surrender to God

PATHWAYS TO PEACE is a 10-part series on the yamas and niyamas, the timeless ethical teachings from the Yoga Sutras of Patanjali.

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Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga--including Hatha, Raja, Karma, Bhakti and Jnana Yogas--as well as instruction in Yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to call or visit the centers.

The Ashram in Pomfret Center, CT, has national audio-video and book publishing and distribution services, a two-acre organic garden, and a number of cottage industries where members practice selfless service. The Integral Yoga School for children is located on the Ashram grounds; the Integral Health Services clinic and Integral Yoga Natural Foods Store have branches in nearby Putnam and in New York City.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI OM PEACE

Letters to Sri Gurudev



Dear Sri Gurudev,

It's such a long time since you have come to visit us here at Dharma. We are so happy to see you didn't forget us! There is a point we are sure of: you are so busy in the United States and there are so many people for you to help. That's why we are full of joy and happiness when we can see you again, because we know that coming to Europe must be very tiring for you. We also know you only do it to bring peace and happiness to all around you, and we can say you do that perfectly!

Dear Godfather of Dharma, it's really difficult to say with words how deeply we enjoy your presence among us, how much we thank you for all you are bringing to us, not only now, but at each moment of our life. It's really difficult to say with words how much we have been waiting for your teaching, for your simple words which touch directly our hearts and consciences.

Because we are far from perfection, because we are human and too materialistic, because we want to become more spiritual and divine, we need your teachings and lessons, your stories, your answers. We know you will give us just what we need at the right moment verbally and also through your vibrations of peace and Ananda. For all that, we are very grateful.

ful to you and we thank you heartily for coming among us. Thank you!

-Dharma Cercle
Brussels, Belgium

When my car broke down immediately upon my return from vacation, I was upset because the 20 minute drive back to work became an hour on the bus. But in Monday's mail came the June issue of Integral Yoga Magazine filled with inspiring messages.

The wait and the long ride on the bus gave me lots of time to read the articles and think about them, and then consciously put the messages to good use through the long day at work.

So it's as Gurudev says, frequently adversity is a blessing.

-D.D., Miami, FL.

Dear Staff of the Ashram,

My cup is full! and my heart too sings. It is with a wee feeling of sadness that I leave your haven of peace after the retreat today.

However, my heart is full of peace, joy, and so much serenity. Your efforts in these ten days have been sending so many positive vibrations. I'll carry all those along and will build on these experiences back home.

My very special, warm, and loving thanks to all of you for your happy selfless service. Your faces constantly radiate your own peace, and it is very beautiful and inspiring to witness this.

-S.B., New York, NY.

Integral Yoga® Magazine

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Distribution

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Illustrations

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible medium: Lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

ISHVARA PRANIDHANA: SURRENDER TO God

*Excerpts from "Integral Yoga: the Yoga Sutras of Patanjali",
translation and commentary by Sri Swami Satchidananda*

Sutra 45, Book 2

SAMADHI SIDDHIR ISVARAPRANIDHANAT.
By total surrender to God, samadhi is attained.

Ishvara pranidhanam is a life of dedication, of offering everything to the Lord or to humanity. Why do I add humanity? When we want to offer something to God where and who is He? Is He sitting somewhere waiting for us to give Him something? God made the world out of Himself. The world itself is God. All that is outside us is God. When we dedicate our lives to the benefit of humanity, we have dedicated ourselves to God. Whatever we do can easily be transformed into worship by our attitude. We can do anything and everything as long as we do it with the idea of serving the world at large. We can serve our tables, our chairs, and everything around us. If we don't pull chairs mercilessly from one corner to another, we are serving them. If we drag them, they cry. Anything handled roughly will feel pain. There should be a gentle, Yogic touch with everything -- even our

spoons, forks, plates.

It reminds me of an article written by my good friend Brother David, a Benedictine monk. He speaks of how he felt God talking when he was washing dishes. If you handle them gently, he said, they make a beautiful jingling sound; but if you throw them here and there they cry. So, dishwashing can be a worship. My Master Swami Sivanandaji said, "Convert every work into Yoga with the magic wand of right attitude..

Many of us are interested in instant *samadhi* (superconscious state). Well, we can have it right here and now without waiting for the *Kundalini* energy to be aroused and move to the *sahasrara chakra* (subtle nerve center at the crown of the head, where the consciousness and energy goes in the higher *samadhis*) if we dedicate ourselves completely. Once we give everything to God we are renunciate; we have nothing to possess, we have nothing to worry about. All worry is due to attachments and clinging to possessions. The attachment I mean is a mental attachment. What we want is a men



tal, rather than a physical, detachment. We can even possess things physically if we are mentally detached. This is continuous *samadhi*. We shouldn't think *samadhi* means sitting in a corner, forgetting ourselves and keeping the body still like a rock. Real *samadhi* means tranquillity of mind which is possible only when we dedicate everything and are free from all attachment.

FREE MIND

Normally, we want everything: name, fame, money -- and we become surrounded by these wants. In India, a proverb says, "If a man is interested in weaving, he shouldn't keep a monkey for a pet." If he does, whenever he weaves some cloth and leaves it for a moment, the monkey will cut off at least a hundred strands. In the same way, if a person is interested in peace, why should he have wants and possessions? They can never go together. No religion, no prophet, no saint has ever said one could have both peace and wants. Only a desireless mind, a mind free from everything, com-

pletely naked, can have peace. The *Bhagavad Gita* says, "*Tyagat santir anantaram* -- Only by dedicating everything can you have unending peace." Either give everything to the world, to the community of your fellow man, or give everything to God.

Ishvara pranidhanam is an easy path. In one of the stanzas of the *Bhagavad Gita* it is said, "Do everything in My name. Then you will get peace and joy." If we understand this, there is no reason even to read any more of these *Sutras*. But some people might want something different. Tastes differ. That is why the scriptures give different paths. Sometimes the mother feeds the child from a different plate just for variety but the same food still comes to the baby. It doesn't matter which plate we eat from as long as we eat. To get to the point of complete dedication, many different routes are available: hundreds of paths, religions and philosophies all with one ultimate goal. It is immaterial what we do to achieve it as long as we achieve it. □

In Praise of God

GEMS FROM THE THIRUKURAL

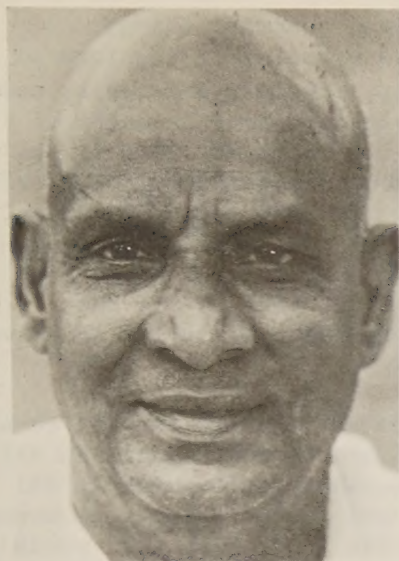
of Thiruvalluvar

"A" is the first and source
of all the letters.
Even so is God Primordial the first
and source of all the world.

What has all a man's learning profited,
if it has not led him
To worship the good Feet of Him
who is Pure Knowledge itself?

They alone escape
from mental anguish
Who take refuge at the Feet
of the Incomparable One.

The ocean of births cannot
be swum across except by those
Who take refuge at the Feet of the Gracious One,
Himself an ocean of virtue.



DEW DROP of GRACE

Sri Swami Sivananda

from the book "Daily Readings"
compiled by Sri Swami Venkatesananda

Do not bother about taking care of your body. God will save it if He needs it for further service. Surrender it at His feet and rest in peace. He will take care of it. A real devotee says: "Let me take millions of births; it does not matter, but let me be attached to the lotus-feet of the Lord. Let me be endowed with purity, spiritual strength, the spirit of selfless service and other divine virtues."

If you simply say, without real inner feeling, "I am Thine O Lord," this will not constitute real integral self-surrender. It should come right from the core of your heart. You must be prepared for a radical change. You should not stick to your old habits, ways, and motives. You should not expect that everything should happen in the way you want. You should live to carry on the divine purpose. You should not think of those ambitions which the mind likes to gratify. You should not think of using divine grace or the divine force for your own purposes -- then the irrepressible ego will assert itself in var-

ious ways and refuse to give up its old habits.

The ego tries to get everything from the divine but it totally declines to give itself to the divine. That is the reason why aspirants do not make any substantial progress on the spiritual path even after doing *sadhana* (spiritual practice) for several years.

There is no loss in self-surrender. You get from the Lord everything. You enjoy all the divine *aisvarya* (wealth of divine attributes) of the Lord. The whole wealth of the Lord belongs to you. *Siddhis* and *riddhis* (psychic powers) will roll under your feet. You become one with the Lord. You are freed from all wants and desires and cravings. The spiritually hungry and the really thirsty aspirant who yearns for the vision of the Lord, turns towards the divine and is quite willing, eager, and happy to consecrate his body, life, and mind and soul at the feet of the Lord.

The first stage of self-surrender is only a firm resolve to surrender oneself to God, or

to His preceptor. A *sadhaka* (seeker) who has dedicated his life for the service of his teacher or the service of humanity or for attaining self-realization, is not bound by the actions he performs subsequent to his self-surrender. Self-surrender becomes perfect only after God-realization.

GREATEST POWER

Divine love overflows to others once it has filled your heart.

Love God with all your heart and your neighbor as yourself -- this is the secret of God-realization. Love breaks down all barriers. Love is an open sesame to an infinite realm of bliss immortal. The learned talk of God but the poor love Him in their hearts.

Beyond logic, beyond intellect, beyond reason is the feeling of love and the embodiment of love, which is God. Argue not. Realize Him. Talk to Him with the language of the heart.

Do not gauge the Lord's love and mercy by the material prosperity He gives you. Infinitely more valuable is the spiritual treasure He bestows upon His true devotee. Love is the dew-drop of divine grace.

Cosmic love is the threshold to the limitless domain of Brahmic bliss. Cosmic love is synonymous with supreme self-sacrifice or egolessness. In all beings lives the one God, the supreme being, the eternal Lord. Therefore bow to all beings with reverence, faith and devotion.

Feel that another's difficulty is yours and relieve him of his difficulty. Then alone you will grow in cosmic love. Love is an actual substance that you can use with confidence. Love is a

positive, concrete thing.

Love vibrates in the form of service, charity, generosity and benevolence. There is unity of life. Love of one's self is the true love of all life. All patriotism, love of one's own nation, one's own race, one's own religion, are but limited kinds of love. Human love is but the stepping-stone to divine or universal love.

Love all. Behold the one common consciousness that dwells in all beings, that is immanent in all names and forms. Spread the message of divine love, light and worship wherever you go. Love knows no fear. Love is the greatest power.

Love is the divine force of this universe. The purer you make your heart, the greater will be the power of your love. Be kind, be compassionate, be humble, be tolerant, be good, be just, be natural. Love the eternal in every being. Make no distinctions between one being and another.

EVERYWHERE

Feel the presence of the Lord everywhere. He dwells in the chambers of your heart too. He glitters in your eyes. He is the breath in your nostrils. He is nearer to you than your jugular vein. Behold Him in every face. You will attain happiness here and hereafter if you worship God in this way. Life is short and time is fleeting. Start doing this right now.

Why should you roam hither and thither to find God, the supreme being? Even as in the flower, fragrance resides, even as in the fire, heat dwells - even so doth the Lord abide. Seek Him within, my friend. □

WITH EVERY BREATH

Sri Swami Satchidananda

Sri Gurudev answers questions about Surrender to God

(Note: For the sake of clarity, the pronoun "He" is used in referring to God. Sri Gurudev often reminds us, however, that God can be thought of as "She" or even "It" just as easily. God is neutral. God is all encompassing.)

BEST JAPA

QUESTION: Would you please give us some hints about practicing Ishvara Pranidhanam?

*SRI GURUDEV: The practice of Ishvara Pranidhanam is simple but great. It is surrendering to the supreme Being. I understand this to mean dedicating the fruits of your actions to God or to humanity -- God in manifestation. Dedicate everything, your study, your *japa* (mantram repetition), your practices, to the Lord. When you give such things to Him, He accepts them but then gives them back many times magnified. You never lose what you have given. Even virtuous, meritorious deeds will bind you in some form or other if you do them with an egoistic feeling. Everytime you do something, feel*

"May this be dedicated to the Lord." If you constantly remember to do this, the mind will be free and tranquil. Try not to possess anything for yourself. Temporarily keep things but feel you are just a trustee, not an owner.

Be like the mother who receives a soul, nourishes it for nine months and then lets it come out into the world. If the mother were to always keep the baby in her womb, what would happen? There would be great pain. Once something has ripened, it should be passed on. So dedication is true Yoga. Say, "I am Thine. All is Thine. Thy will be done." Mine binds; Thine liberates. If you drop "mines" all over, they will undermine your life or blow up in your face. But if you change all the "mines" to Thine, you will always be safe.

So let us dedicate our lives for the sake of the entire humanity. With every minute, every breath, every atom of our bodies should repeat this *mantram*: "dedication, dedication, giving, giving, loving, loving." That is the

best japa, the best Yoga which will bring us all permanent peace and joy and keep the mind free from the disturbances of the thought waves.

NO DEMAND

QUESTION: Since God has no ego, why does He ask for love and devotion from His children?

SRI GURUDEV: Who said He asks for love and devotion? He only said in the *Bhagavad Gita*, "(those who have that devotion) are dear to Me, because they love Me more."

He never asked for that love. He never demands anything. If you love Him more, you draw Him more. The transmitting station never comes to your home and says, "Hey, tune in your radio!" If you tune, you get the music. If you don't tune, you don't get it. So God never demands anything. Does the tree demand that you pour water? No. You get the fruit, so you pour water. If you don't pour water, you won't get the fruit. The tree doesn't demand anything. We do it for our own benefit.

TRUSTING

QUESTION: Please talk about prayer. I'm confused by the seeming contradiction between having trust in the Cosmic Plan and praying.

SRI GURUDEV: What is the contradiction here? Maybe your idea of praying is wrong. When you pray, it shouldn't be to ask for this and that. Your prayer is to be used by the Cosmic Plan. That's why in prayer we say, "I am Thine. All is Thine. Thy will be done." You shouldn't demand "Give me a little of this, a little of that." Some people do pray that way,

how do they know if it is going to help them? Sometimes you may ask for something that will not help you; it may even hurt you.

So the sincere prayer is one in which you don't demand anything from God. You just say, "God, you know what is good for me. I'm your child. Guide me. Direct me."

It's something like a child going to pick up things in a store. Suppose the child picks up a sharp knife because it glitters. The child might get hurt. Instead, a good child would say, "Mama, there are so many pretty things around. I don't know what they are. You just pick something for me, something I can play with and not get hurt." That's where you trust the mother.

So here, you trust God. Even without your asking, God is going to take care of you, no doubt. But if you feel like asking, say, "Mother, I'm yours. You do anything you want." If you still want to add something, say, "Let me have this kind of understanding always: that I am Your child, that You are taking care of me every minute. Let me not forget this. Give me this boon of constantly remembering this truth."

Who is praying here? Not that pure Self. The pure Self never prays, never worries about anything. It is always the same. Who is the one who prays? The ego. As ego, you go and say, "By my own ego, I may make mistakes, I may do things wrong. So, I ask You to work through me." That is what prayer is. You allow the ego to be handled by the Cosmic Consciousness which is called God. There's no contradiction at all.

GIVING UP

QUESTION: Please talk about how to surrender.

SRI GURUDEV: I can't tell you how to surrender. You will know when to surrender. When everything else fails and when there is no other way then you give up. Surrendering means to give up, isn't that right? When will you give up? When you are positive that nothing is going to save you. When you realize that, surrender comes. If you have even a little faith in your own capacity it is not complete surrender.

This is beautifully presented in a story from the great epic the *Mahabharata*. I won't go into the whole background right now; if you want to know the how and why, you can read the *Mahabharata*. The husband of the princess Draupadi lost her to another man by gambling. The winner wanted to shame her husband and family. In those days when you wanted to show that you had victory over someone, you did something damaging to their reputation. So he had Draupadi brought to the center of the room, and he tried to pull off her sari.

According to the conditions of the game, her husband couldn't do anything about it, so she couldn't expect help from her husband or anyone else. She realized the only way was to pray to the Lord. "Krishna, Krishna, Krishna, please come help me. I am in a difficult situation," she called. All the while she held tight to her sari.

Do you know how a sari is worn? Out of one long piece of cloth, there is an upper cloth and three or four rounds tied around the waist -- all over a slip. Anyway, he had the upper cloth in his hand and was pulling the sari. One round came off. The second round came off. Still Draupadi held tight and called "Krishna!

Krishna!" But no help came. So she held up one hand to Krishna, but kept the other hand holding the sari. Still no help came and still he pulled. There was only one more round of cloth left. That's all. If that comes, it's the end of the story!

So Draupadi realized her predicament. "My God, I couldn't help myself. I already lost two rounds of the sari by trying to do it myself. If I lose this final round I'll be doomed." It was at that moment it dawned on her. "What am I doing? I can't take care of myself anymore." With that she simply let go of the sari and lifted both hands up to call: "Krishna! You are the only refuge for me. If you want me to face this, okay. I totally trust you. You are my sole refuge. Krishna!"

She had both hands raised, and that fellow was pulling and pulling on the sari. He thought he had the last round of cloth, but it kept coming. He kept pulling, and yards and yards and yards of the sari came. Finally he got tired, he couldn't pull anymore. He gave up and Draupadi was saved.

It shows that even God cannot come and help you as long as you have faith in your own strength. In that case you are not totally surrendered. God says, "Okay, just take care of yourself." There are hundreds and hundreds of stories to illustrate this point.

In the New Testament of the Bible didn't a woman simply touch the garment of Lord Jesus and get cured? What cured her? Jesus said, "You had faith. It's not my garment; your faith cured you." All the scriptures say the same thing.

That is what you call surrender. If you have implicit faith and trust in God, you would feel, "I have surrendered myself to God.

No harm will come to me. God will take care of me every minute, in every way." And you will be taken care of.

Unfortunately an unclean mind can never harbor such faith. It will come and go, come and go. So we have to clean our minds in our daily life so that the faith can grow, get rooted well. Fortunately are the people who have that kind of faith.

TUNING

QUESTION: Would you please explain how prayer works?

SRI GURUDEV: By sincere prayer you put yourself in a receptive mood. You become a good receiver. You tune your heart radio. Prayer is the form of tuning. That's what you call attunement. Once you tune your heart through prayer, you get all the cosmic things. Through sincere prayer you tune your heart to God.

JAPA & PRAYER

QUESTION: What is the difference between japa (repetition of a mantram) and prayer?

SRI GURUDEV: Prayer is more or less talking to God. In japa you are actually working on God. Japa is constantly dinning in one vibration. Prayer collects the mind, makes the mind more calm and one-pointed, helps you think of nice goals and ideas. It helps prepare the mind for japa. That is why we begin our meditations in that way: with some prayer and chanting. Then when the mind becomes more calm, one-pointed, you can switch to the mantram repetition, the japa. The two are very easily combined.

ATTRACTING GOD

QUESTION: I really want God. How can I find Him?

SRI GURUDEV: If you want God, should you simply sit and cry? No. You should serve Him if you want to get His grace. If you really want to attract somebody, if you want to get somebody's love you must serve that person. You must do all that you can to attract that person so he or she can love you. You give everything, even your life, to that person. And that's what God is.

God is in the form of humanity, in the form of nature. Feel, "I am ready to give anything and everything in the name of God." Serve, serve, serve.

Serving God is loving God. By serving and loving you get His grace. A devotee is not simply a dumb person or useless person who simply sits and cries for God. A devotee serves everybody, everything in the name of God.

Of course, in the Yogic sense, what is God? Peace. Peace of mind is God. You should be ready to renounce anything and everything to retain the peace which is God. You can never maintain that peace if you are running after things, if you are looking for that peace from outside.

God is within you in the form of peace and joy. If you really care for that peace and joy, you won't disturb it by running after something else. The mere fact that you run after something means you have forgotten the peace inside. God says, "I am here inside you. Don't go running all around."

In a devotee's language, you say, "I am ready to renounce everything just to have You, God." Or you can say, "I am ready to re-

nounce anything and everything just to keep my Peace."

If you can maintain that peace always then you become a useful person also. Without peace, even if you go out to serve you will be a menace.

So peace is the foremost thing to achieve. If you have peace, you have everything. If you have God, you have everything. Get God first; everything else will be added.

BRIGHT SIDE

QUESTION: How can we keep from losing our faith?

SRI GURUDEV: First of all, think of what made you have faith to begin with. If you start to lose faith, stop and think, "What brought me to that faith? How did I feel when I had so much faith? What made me feel happy?" Think again and again of the positive side that inspired that

faith. Don't think of the negative.

No faith, no religion, no person is 100 percent perfect. As long as we are on the surface of the earth we are all human beings and there will be positive and negative. It's only a matter of degree. Some have more, some less. But certainly everybody has at least some positive. Nobody is completely negative.

Even with a friend, think of what drew you to him. What did he do for you, how much benefit did you get out of his friendship. Think of that more. Maybe he disappointed you once. Don't dwell on that. If you dwell on the negative side, you will begin to lose faith. If you think of the positive, you will gain faith. It's the same with God.

To develop faith, we should cultivate it. We should have the proper eye to see the right thing always. If you want to grow, always see the bright side. That is the way you develop your faith.□

HAVE LIGHT IN YOURSELF

by Doctor Albert Schweitzer

No one should compel himself to show to others more of his inner life than he feels it natural to show. We can do no more than let others judge for themselves what we inwardly and really are, and do the same ourselves with them. The one essential thing is that we strive to have light in ourselves. Our strivings will be recognized by others, and when people have light in themselves, it will shine out from them. Then we get to know each other as we walk together in the darkness, without needing to pass our hands over each other's faces, or to intrude into each other's hearts.□

AN INDIAN PRAYER

by Tom Whitecloud (Native American)

Oh, Father, whose voice I hear in the winds and whose breath gives life to all the world, hear me. I am a man before You, one of Your many children. I am small and weak. I need Your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset. Make my hands respect the things You have made, my ears sharp to hear Your voice. Make me wise, so that I may know the things You have taught my people, the lessons You have hidden in every leaf and rock.

I seek strength, Father -- not to be superior to my brothers, but to be able to fight my greatest enemy, myself. Make me ever ready to come to You with clean hands and straight eye so that when life fades as the fading sunset, my spirit may come to you without shame.□

KEEP ME STEADFAST

by Abdu'l-Baha (Baha'i Faith)

O compassionate God! Thanks be to Thee for Thou hast awakened and made me conscious. Thou has given me a seeing eye and favored me with a hearing ear; hast led me to Thy Kingdom and guided me to Thy path. Thou has shown me the right way and caused me to enter the Ark of deliverance. O God! Keep me steadfast and make me firm and staunch. Protect me from violent tests and preserve and shelter me in the strongly fortified fortress of Thy Covenant and Testament. Thou are the Powerful! Thou art the Seeing! Thou art the Hearing! O Thou the compassionate God! Bestow upon me a heart which, like unto glass, may be illumined with the light of Thy love, and confer upon me a thought which may change this world into a rose garden through the spiritual bounty. Thou art the Compassionate, the Merciful! Thou art the great beneficent God!□

TO SEEKERS OF ETERNAL TREASURE

SRI SWAMI BRAHMANANDA

No one wants misery. Every one wants happiness. Yet the deluded man ignores God, the source of all happiness, and runs after worthless objects, the toys of life. If you want happiness throw away these toys and yearn for Him. He will run to take you on His lap. Seek the toys of life, and you will get them. Seek God, and you will get Him.

"Eat the mangoes, do not count the leaves." Life's purpose is to reach God. Reach Him first. Solve the mystery of life and death. Wake up and plunge into the ocean of nectar and be immortal. Pray to Him unceasingly.

God has many names and many forms. He is also formless. Worship Him. Lose yourself in His contemplation. It makes no difference by what name or in what form you worship Him. If you are sincere in your worship you will be blessed with His vision. Sri Ramakrishna used to say, "Sweetened bread will taste sweet in whatever way you eat it."

Have faith and plunge into the fathomless ocean. Dive deep and you are sure to find the Eternal

treasure. Don't lose heart if after a little struggle, you fail to realize God. The ocean is full of precious pearls, but you may not find them at the first dive. Try patiently to dive deep into meditation. In due course you are certain to receive His grace. Suppose you wish to see an important man. You arrange the interview with the help of his attendants. Similarly, to obtain the Lord's grace, you must seek the help of godly men and undergo many spiritual disciplines.

Knowing Him to be dearer than the dearest, pray to Him with a yearning heart for His grace and vision. Cry to Him like a child. He cannot stay away from you for long.

Make the mind one-pointed like the mariner's compass. In whatever direction the ship may sail, the compass always points to the north, and keeps the ship on its course. Keep your mind pointed towards God, and life's boat will sail smoothly. A man who does this never loses his faith and devotion even if he is thrown into an evil environment. The mo-

ment he hears of God, he becomes intoxicated with joy. A piece of flint may lie under water for a thousand years, but it will still emit sparks if it is taken out and struck.

Like a fallen leaf tossed to and fro by the wind, the one-pointed person is content to remain wherever the Lord places him. He has no will or desire of his own. He can live in the world and at the same time dive into the ocean of knowledge and bliss.

A pure mind is like a dry

match-stick. It ignites the moment you strike it. But if it gets wet, though you may go on striking it, there will be no light. Similarly if the mind becomes soiled by worldliness, you will find it extremely difficult to restore it to its former purity.

Sri Swami Brahmananda was one of the foremost disciples of Sri Ramakrishna and was the first head of the monastic order of Sri Ramakrishna. □

THE TAO of God

from the works of Chuang Tze

The Tao of God operates ceaselessly; and all things are produced. The Tao of the sovereign operates ceaselessly; and the empire rallies around him. The Tao of the sage operates ceaselessly; and all within the limit of surrounding ocean acknowledge his sway. He who apprehends God, who is in relation with the sage and who recognizes the radiating virtue of the sovereign, his actions will be to him unconscious, the actions of repose.

The repose of the sage is not what the world calls repose. His repose is the result of his mental attitude. All creation could not disturb his equilibrium: hence his repose.

When water is still, it is like a mirror, reflecting the beard and the eyebrows. It gives the accuracy of the water-level, and the philosopher makes it his model. And if water thus derives lucidity from stillness, how

much more the faculties of the mind? The mind of the sage being in repose becomes the mirror of the universe, the speculum of all creation.

Repose, tranquillity, stillness, inaction -- these were the levels of the universe, the ultimate perfection of Tao. Therefore wise rulers and sages rest therein.

Repose, tranquillity, stillness, inaction -- these were the source of all things. Keep to this when coming forward to pacify a troubled world, and your merit shall be great and your name illustrious, and the empire united into one. In your repose you will be wise; in your movements, powerful. By inaction you will gain honour; and by confining yourself to the pure and simple, you will hinder the whole world from struggling with you for show. □

SEEK YE FIRST

from the Sermon on the Mount
of Lord Jesus



Do not lay up for yourselves treasures on earth, where moths and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moths nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also. . .

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.

Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field,

how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O ye of little faith?

Therefore do not be anxious saying, "What shall we eat?" or "What shall we wear?" Your heavenly Father knows that you have need of these things. But seek ye first His kingdom and His righteousness, and all these things shall be yours as well. . .

Ask and it will be given you; seek and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened.

What man of you, if his child asks him for a loaf will give him a stone? Or if he asks for a fish will give him a serpent? If you then, who are imperfect, know how to give good gifts to your children how much more will your Father who is in heaven give good things to those who ask Him? □

Homecoming

by Sister Joan Metzner, MM

I believe there is Someone waiting for me,
waiting to say,
"Welcome Home!"

Someone I have never seen,
but whom I will recognize
in the depths of my heart
because
He has lived there
since the beginning of time.

Someone who has never doubted my return,
never failed to still my doubts
about my return.

I believe there is Someone
who knows me so intimately,
loves me so totally,
that joy will spark spontaneously
when we reunite
in the land of immortal Birth.

Tears will be wiped away;
Sadness and fear will disappear
as mist when it meets the morning sun.

This one whom I seek,
seeks me.
He has never left me alone.
For He is

Self of my self;
Soul of my soul;
Life of my very life.

THE SHIRT

an Hassidic tale retold by Prahaladana Mandelkorn

The Yehudi was much loved and raised up many spiritual luminaries such as Rebbe Bunum and Rebbe Mendel of Kotsk. But in his younger years the Yehudi studied under the famous Seer of Lublin, an Hassidic master with unusual spiritual gifts. He could see what men thought, read their talents and errors without their saying a word, and know their past incarnations by just looking at their foreheads.

On one occasion, the Seer had to travel away for a few weeks. He called in his disciple, the Yehudi, and said, "While I'm away, I want you to listen to the people who come here and give them counsel." The younger man shuddered at the responsibility. "Here, take my shirt," said the Seer. "Wear it when you are in my office."

After the Seer had left, the Yehudi put on the shirt and received the people who came for counsel. To his amazement he realized he could see each one's past incarnations back to the time of Adam, and he perceived the yearnings of their souls, their failings and highest destinies.

At the end of the day the Yehudi went down to the ritual bath to immerse himself and meditate. There a wandering beggar asked

him for some money. "I don't have any money," said the Yehudi, "but here, take this shirt." The man took it and left.

When the Seer returned he asked the Yehudi for the shirt. "I gave it to a wandering mendicant," replied the younger man. The Seer was amazed.

The Yehudi walked out into the forest and cried, "Lord, My Lord! I don't want Your visions and Your powers. All I want is You!"□

PSALM 100

*Make a joyful noise to the Lord,
all the lands!
Serve the Lord with gladness!
Come into His presence with
singing.*

*Know that the Lord is God!
It is He that made us, and we are
His;
we are His people, and the sheep
of His pasture.*

*Enter His gates with thanksgiving,
and His courts with praise!
Give thanks to Him, bless His
name.*

*For the Lord is good;
His steadfast love endures for
ever,
and His faithfulness to all
generations.*



Radha Curtis

Sweets for the Sweet

ALMOND-ORANGE CAKE

Combine: 2½ Cups whole wheat pastry flour, sifted
1½ Tablespoons baking powder
1 teaspoon sea salt

In another bowl, combine:

½ Cup maple syrup or honey
½ Cup barley malt
1 Cup orange juice
1 teaspoon vanilla
1 or 2 Tablespoons almond extract (2 gives a distinct
almond flavor)

Combine wet and dry ingredients. Pour into an oiled 9" X 13" cake pan and bake 30 - 35 minutes at 350°.

EASY CAROB GLAZE

Ingredients: 1 Cup water
2½ Tablespoons arrowroot
4 Tablespoons carob
5 Tablespoons maple syrup or honey
2 Tablespoons "Cafix", "Pero", or other coffee substitute grain beverage
4 Tablespoons nut butter (almond or tahini preferably)

Whisk ingredients together in a pot. Bring to near boiling, stirring constantly. Pour over cake. □

Day-by-Day with Sri Gurudev

Sri Gurudev with Rama Saenen, Raja Yoga Vedanta Center, Antwerp.



May - June 1981

CHICAGO: Religious Food

On Saturday, the 16th of May, Sri Gurudev arrived in Chicago, greeted by devotees who had travelled from Wisconsin, Iowa, Indiana, Michigan, and Illinois for this joyous occasion. For the first time in many years, the Chicago Integral Yoga Institute hosted Sri Gurudev's visit. Lakshman and Janani Faiola, executive secretaries for the Center, had the honor of acting as personal escorts to Gurudev for the weekend.

In a public lecture at the Lincoln Park Presbyterian Church Sri Gurudev spoke on the importance of understanding the underlying unity of all religions. He said that even as we regularly eat in our own home but occasionally eat at different restaurants, we should "eat the religious experience" in our home church but should "occasionally come together to a common place to gather and show that we are not separate from other religions. By doing this and experiencing that one spiritual truth within and without, it would make the whole world a heaven."

After the lecture, Gurudev attended a LOTUS benefit dinner at Satkar Vegetarian Restaurant. This was the second LOTUS dinner hosted by Satkar, and twenty-nine people attended to enjoy this wonderful Indian feast in the company of Sri Gurudev. The most delicious dessert was the announcement that over fifteen hundred dollars had been raised for LOTUS that evening.

The next day, Sri Gurudev gave

a highly inspiring lecture on LOTUS and the ecumenical spirit to a warm and receptive audience in Rockford, Illinois at Christ Unity Church. The program closed with the LOTUS slide show, and many people were inspired to contribute to the realization of this precious gift to the world.

That evening Gurudev was invited to dinner at the home of Joe and Lois Enna. Lois, a dedicated devotee, had put a great deal of time and loving energy into coordinating various fundraising projects to bring Sri Gurudev to Rockford and to contribute to LOTUS. It was truly heartwarming to see the sincerity and devotion expressed by Joe and Lois that evening.

After dinner, Gurudev spoke at great length about the attitude in which we give and how it affects our lives and the lives of others. He especially emphasized that food should always bring some loving vibration. He then went on to explain how things such as food and money carry very powerful vibrations which can either benefit or harm those who receive them. He then complimented Joe on the delicious dinner which had obviously been prepared with much love, "Love makes food richer and tastier."

On Monday morning several disciples gathered to say goodbye to Gurudev. In loving response to two disciples who were very saddened by his departure, Gurudev said, "I'm not going anywhere. I'm not leaving you. I am with you always." -Lakshman and Janani Faiola

CANADA: Let There Be Peace

Last March, Ananda Belanger and Brian Maskwa decided to invite

Sri Gurudev to lecture in Toronto, Canada and proposed the idea to

several other Yoga groups. Everyone was most enthusiastic. After all, it had been seven years since he had spoken there. It was wonderful to see the members of different schools working together to organize this visit. Axel Molema, Yvonne McKinley, and Charlotte Rosino joined with disciples of Gurudev to prepare for the event.

On the 5th of June, Sri Gurudev flew to Toronto and spoke to a full auditorium at the University of Toronto about Yoga as a means to integrate the entire personality.

After the lecture, Be Diemel cheerfully helped close the bookshop and walked home thinking about the lecture. She was surprised to find Gurudev in her home with her husband and several guests enjoying a cup of tea!

On the 6th of June, Gurudev flew to Montreal to participate in an Ecumenical Conference organized by the Montreal Integral Yoga Institute. The theme for the day was "Let there be Peace." Through participating in the spiritual practices of different religions, a feeling of peace and love was created that deeply impressed everyone there. The day began with a Hatha Yoga class, followed by a lecture and Christian meditation with Father Lucien Coutu. After a delicious vegetarian lunch, Yaya Diallo spoke on the spiritual music of Africa and played the drums. The Geshe Lama Khenrab Gajam spoke of the qualities of love and compassion in the Buddhist tradition.

Native American Tom Porter introduced the Mohawk spiritual path. He said that his Grandfather had made a prophecy that one day all of the Spiritual Chiefs will come to this land, and they will all

bring their spiritual medicines. When all of their medicines join together, it will be so powerful that it will bring a great purification of all the land. Immediately after his talk, there was a beautiful Yoga Ecumenical Service. The music of all these traditions -- Gregorian Chant, Drums, Mantrams of Tibet and India -- blended together in praise of the One God symbolized by the one large candle that expressed God's Light.

In the evening, Sri Gurudev spoke on world peace and the LOTUS. "All those who experienced their true nature as the pure spirit were able to see that same spirit in people, animals, birds, rocks, and so on. The entire humanity loves those saints, and they love the entire humanity," Gurudev told us. "If Christ is going to come today, He will not say, 'I love only the Catholics or the Protestants and not the Buddhists. He would certainly love even the fellow who denies Him because even the person who denies is the same spirit functioning through a different body.'"

Feel God's Presence

On Sunday morning, 7 June, Gurudev was invited by Father Irene Beaubien, S.J. to visit the Canadian Center for Ecumenism. Father Beaubien has worked for 25 years in the field of Ecumenism, and a wonderful rapport was evident between the two spiritual leaders. Father Beaubien asked Gurudev many questions about his beliefs, his teachings, his work, and his own spiritual practices.

"Swamiji, how do you pray?" he asked at one point.

Gurudev replied, "When I pray as the mind I say, 'Lord, please let me always remember

that You are doing all these things through me, and I am just Your instrument."

Then Father Beaubien asked, "Do you ever reach a point in your prayer when everything drops away -- all thoughts, words, ideas -- and you just feel the presence of God?"

Gurudev's eyes twinkled as he replied, "Yes. Very often."

Father Beaubien said that his own ecumenical work had begun with dialogue with other Christian churches, then extended to the Jewish faith. Then he found he wanted it to extend to all religions and even "non-believers".

"Yes," Gurudev commented. "That's the same thing I mean when I say I got 'greedy' for a permanent place for this kind of exchange. That's why we are building the LOTUS."

At the end of their meeting, Father Beaubien asked if they could pray together. Gurudev suggested that we pray in the Chapel. On the way there, Father Beaubien showed Gurudev the Grand

Seminaire: "Here is a room where we have guest lectures. Next time you come to Montreal, Swamiji, we can have you speak here."

In the peaceful tranquility of the Chapel, Father Beaubien led us in the "Our Father", and Gurudev led the slokas "*Sarveshaam Swastir Bhavatu*. . .May happiness be unto all!"

Back at the IYI, Prema Venugopalán had prepared a marvelous South Indian meal for the LOTUS benefit luncheon which was well-attended by many Montreal devotees.

During his visit, Gurudev was graciously hosted by Rama and Sita Lapin. He found the time to speak with many of his Montreal devotees in spite of his busy schedule -- counseling, encouraging, sometimes correcting, and always loving each and every one of them. It is wonderful that in the name of LOTUS, people in so many places are enjoying the experience of oneness among all faiths, as well as the blessings of a visit from Sri Gurudev!

- Sister Narani

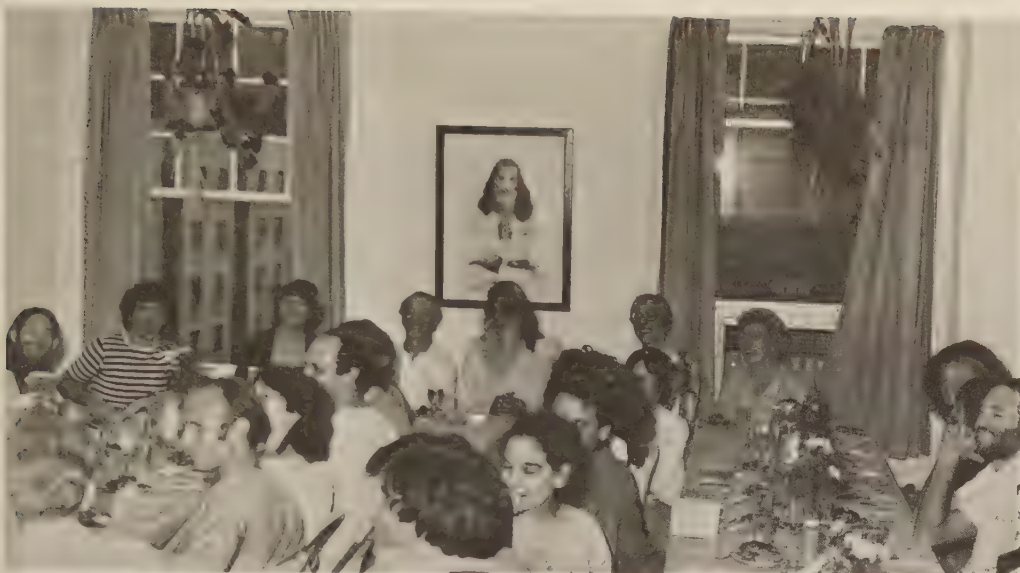
NEW YORK: Never Ask the Tongue

Once again Sri Gurudev was invited to participate in the Himalayan Institute's annual International Congress, addressing both Yoga students and health professionals on "Practical Hints of Holistic Living." And once again, he was eminently practical. Going straight to the heart of the matter, he added new significance to the old saw "The way to the heart is through the stomach."

Gurudev began speaking about food and continued for almost an hour: good food, bad food, pure food, how to eat, when to eat,

what to eat. He even gave a new definition of junk food. "We all have customs inspectors -- the eyes, the nose, the mouth -- to see that nothing unfit gets into our country. Sometimes to sneak things past the gate, we cover it a little, coat it, so we can't see or smell what it really is. That's what you call junk food."

It was no surprise to see him sitting in the elegant Grand Ballroom of the New York Statler or to see the smooth, professional handling of the Congress under the direction of Sri Swami Rama.



LOTUS Benefit Dinner, 500 West End Avenue

But somehow the simplicity and universality of the answer seemed surprising, even though it was nothing new. How do you know when to eat, what to eat? "Ask the tummy; the tummy will know. Never ask the tongue; the tongue will never refuse!" He went on to explain how necessary it was to give up desires in order to remain peaceful: "If you turn and walk away from something, look behind and you will see it's following you!"

No Thanks

That same Thursday, 11 June, was a real thrill for old-timers as Gurudev came directly from the Congress talk to 500 West End Avenue (the first home of the IYI) for the first LOTUS benefit dinner sponsored by the uptown teaching center. The spacious connecting classrooms were transformed into an elegant dining hall seating 60. It reflected the energy, enthusiasm and artistic eye of the hosts, Vishnu Jayson and Marilyn Graman.

Inspired by the happy turn-out

and Gurudev's presence, and encouraged by the efficiency of the serving staff, before the meal was even over Vishnu was speaking with Gurudev about plans for the next dinner.

When one of the residents introduced herself, Gurudev inquired about the now famous closet where he gave mantra initiation in the early days. She explained that it was still a meditation room, with a small shrine there, still being used. One could get a real sense of the appropriateness of that by the way Gurudev said, "That closet has produced many, many initiations, hundreds."

Another surprise talk for the day: after the meal and entertainment, Gurudev arose to speak and began by saying, "I am not going to thank you for coming. . ."

He continued, "But I want you to know how privileged you are. Maybe later on you will see what it is to be a part of this project. This project is going to bring the whole world together.

"We are already one in our spiritual nature. The differences

are in the physical nature, the mental nature. So when will we realize our oneness? When we realize our spiritual nature, then we will recognize the same spirit functioning through other bodies and minds. We need differences. Otherwise, when the husband stands up, how would he know which hand to take and walk out? Variety makes life spicy. If everybody is a dancer, who will be in the audience? If everybody is a lawyer, who will commit the crimes?

"We study geography, physics, math, but what can they really teach you? Math can teach you who is a millionaire and who is a pauper. All other subjects pertain to the body and mind. We have refuge only in religion and spiritual teaching to know we are all one and the same!"

Speaking of the first Yoga Ecu-
menical Service, where clergy
and congregation of all faiths
participated in a worship of the
one God in the form of Light with
the rituals of their various
traditions, Gurudev said, "Seeing
their faces I got greedy. In com-
ing together they were so happy,
hugging each other with tears in
their eyes. Let's make the LOTUS
as soon as possible and offer it
to the world in our own humble
way. . .As everyone who does
some service for the humanity ex-
periences, once you do something
beautiful for the world and feel
that joy, you cannot stop."

What Swamis Do

On Friday afternoon, the 12th
of June, Gurudev returned to the
Congress for another program; and
as always, the questions and an-
swers continued before, during and
after the talk. He was always sur-
rounded by a gentle crowd patient-

ly waiting to meet him, greet him,
or receive both blessings and
practical advice.

Sitting in the back of the
room beforehand, one of the secur-
ity guards approached Gurudev to
ask about the ethical problem of
leaving food on your plate when
you're done eating, knowing that
others are literally starving at
that moment. Gurudev clearly in-
dicated where the responsibility
lies when he said softly, but
pointedly, "How would the food
get on your plate without your
permission?" Sri Gurudev often re-
minds us to put as much food on
our plates as we feel we can fin-
ish -- no more.

Another question was, "How can
the Kundalini energy rise with-
in the body for the highest re-
alization when one has a bent or
crooked spine?" Gurudev said, "Ev-
en with no spine the ida and pin-
gala can work. We work to keep
the body healthy to help control
the mind; but also if the mind
is healthy, that can affect the
body too. You can even rearrange
the cell structure by mind alone."

The introduction of Gurudev
that afternoon was a reminder of
how totally he fulfills his role
in life when it was said, "Since
his initiation as a Swami, he's
done what swamis do: adopt the
world as their family, and relieve
the suffering of others." Follow-
ing are excerpts of his healing
answers to some disturbing issues:

HARD TIMES NOW & AHEAD: "I believe
in the Golden Present. I enjoy
the moment. The next moment, I'll
see if it's worth enjoying. . .
Right now we are in a transition
period, like the dawn. There is
still the night; but at the same
time, the dawn is there."

NEGATIVITY FROM SPOUSE: "Take it as a good omen. God provided an examiner right next to you. He wants to make sure you are really serious in your spiritual aspiration. Be compassionate. Be a good example, and gradually, seeing you, your partner will want to be like that too."

GURU AS TEACHER: "Mind is the karta (doer). The karma belongs to the mind. Your Guru is the teachings, not the teacher. No Guru will make you dependent; his job is to make you free. The entire universe is filled with teaching if you are willing to put yourself in the position of student."

DISTURBING IMAGES IN MEDITATION: "Images are not from outside. They come from within, and they are *samskaras* - impressions from what was put inside previously. Don't worry about it. Let them come and go. When you decide to clean your rug, what happens? All the dust and dirt comes out. You should be happy about that. You are getting rid of the dirt. It will go away after some time."

SIDDHIS (psychic powers): "Siddhis mean boosting your ego. Spiritual growth means softening the ego, cleaning up the ego. It's a science no doubt, but what are we gaining? Even now, look what we are doing with our minds; we can't drink the water. Everywhere there are nuclear vibrations. If you are going to create mental faculties like that (siddhis), the world will be in chaos. It will never be peaceful. This is nothing new; even the fighting in space. In the Hindu scriptures it speaks of an iron fortress in the air. So please, please, remember it's not going to help you, to help anybody. Siddhis are God's powers. If a

siddhi is going to come, it will come when you are ready. Miracles have happened through all the great sages and saints. So be a clean, clear instrument."

ANGER AND RESENTMENT: "Take a cold, cold shower!"

EFFECT OF MUSIC: "Music is sound vibrations. When it is not produced properly it will make you sick. War bands are used to make people kill each other. Rock and roll will make you rock and roll. A lullaby will put you to sleep. And certain music will kindle your spiritual feelings."

One question was so universal (as you could tell by seeing the faces of all the disciples of various teachers around), that I will give it here: "It is said that the Guru gives the disciple a lot of pain. Why does he do this and when does he stop? Sometimes I feel my Guru gives me a lot of pain without saying a word, and I can't take anymore."

Laughingly Gurudev said, "It must be somebody around me who asked this question." Lovingly he went on to explain the role of the Guru. "The Guru is a laundryman. Without a lot of rubbing and scrubbing and ironing he can't get the dirty linen clean. Who is a student? One with a dirty mind, an uncontrolled mind. A wild monkey. It is true. There is a prayer: 'Lord, you have cleaned up all the mental fecal matter, and you have accepted me.' You can't clean without causing some pain, and the Guru knows how much you can take. But remember one prayer I always use: No pain, no gain. If you love the pain that way, it will not be pain anymore. That is another truth."

-Swami Sharadananda Ma



Brussels: Transmitter and translators. Sri Gurudev addresses joint meeting of Belgian Yoga Federations with Manu Godfirnon and Narayana Kiekens.

FRANCE & BELGIUM: One Essence

Sri Gurudev had been invited as the special guest speaker to a convention of practioners and students in the field of holistic health and spiritual living. He arrived in Paris for this event on the 13th of June and was greeted by Mrs. Paquinta Godefroy, wife of the convention organizer. That afternoon longtime devotee and friend, Peter Petronio accompanied by his son Ezra took Gurudev for some sight-seeing that included a favorite sight of Gurudev's -- Le Parc du Bagatelle. Here there are some of the world's most beautiful roses in a large and splendid rose garden. That evening, Sara Petronio (wife of Peter) prepared a delicious meal for Gurudev and several guests who included Swami Yoganandaji (a disciple of Gurudev for many years), Mr. and Mrs. Godefroy, Mr. and Mrs. Colom, and Francoise Villeminot. Gurudev shared news and photos of the Virginia Ashram and the LOTUS project.

The following morning, Guru-

dev arrived at the Palais de Congress for his first talk at the convention and was greeted with a standing ovation. Swami Yoganandaji translated Gurudev's talk into French. It was an inspiring example of how easefully Yoganandaji has been an instrument in bringing Gurudev's teachings to the French in these many years as Gurudev's devotee and director of the Kaivalya Ashram there in Paris.

Gurudev explained to the gathering that we should learn to see the essence behind all things. He gave the example of how there are many different cars but all use the same gasoline. The French word for gasoline is "essence". "See the One Essence," Gurudev proclaimed to a much delighted audience.

The day after "Coresprit" (body mind, spirit) ended, Mr. Godefroy had arranged a smaller and more intimate one-day seminar for those who wanted to delve a bit deeper into the Yogic teachings. Over forty people attended this

program at the Cercle du Vedanta, a center directed by Mme. Maud Forget. "I call God 'Mr. Happy'," Gurudev told them. "In all our actions, our one common aim is to be happy." Then Gurudev told the story of how God wanted to put man's happiness in a special place. Many advised Him to bury it here and there. But finally one wise being said, "Why not put it in man's heart, for surely he will never look there!" And that is where God placed that happiness, knowing that man will search everywhere outside for it. That is what the science of Yoga is telling us; that our nature is happiness.

During the afternoon session of the seminar there was a deep relaxation session and pranayama practice, led by Sister Devi. Gurudev then presented the LOTUS slide show and the first slides of the LOTUS lake filling, slides Gurudev had taken himself. This presentation was lovingly translated by Ambika Berthias, a senior IYI member from San Francisco who now lives in France.

Also joining the last part of the seminar was a dear friend of Gurudev, a gentleman responsible for organizing the entire Federation of all the European Yogis -- Mr. Gerard Blitz. That evening as Gurudev spoke with Mr. Blitz in his home, Mr. Blitz shared his very strong conviction that it is not enough to simply study Yoga. "The real teaching is a transmission from a Yoga master to the student," he emphasized and told Gurudev that he hopes to bring many of the Yoga teachers of Europe to Yogaville to be "in the presence of such a Master."

Father of Yoga

On the 16th of June, Mrs. Godefroy drove Sri Gurudev from Paris to Antwerp, Belgium where devotees were joyfully awaiting his arrival. When he arrived at the Yoga and Vedanta Center which is run by senior devotee Rama Saenen, many of the students who have known Gurudev from his first visit in 1966 were gathered.

That evening the Center had standing room only as all gathered to hear the "Father of Yoga for the Flemish people" as they lovingly refer to Gurudev. There was also a joyous reunion with Manu and Nischala Godfirnon, Radha and Krishna Van Lierde, Tony De Man and others. After some beautiful chanting which included "Let Us Walk Together", the following was recited to Gurudev, in Flemish and then in English:

"Our school is often visited by Indian Yogis, but your visits are always special. You were the first Yogi to visit the Flemish people. You are the first teacher of our teachers. You are the Guru of our gurus. You are the Source for the Yoga river to flow in the Flemish country. We will always regard you as our Yoga Father. We have heard of your latest project, the LOTUS temple; and it will be the merging of understanding between all the religions. This evening we honor you and your work."

Rama had organized a program with Yogamuni, director of Aum Yoga Anga and student of Sri Swami Yogeshwaranandaji, to address the Yogis of Mechelen, a town between Antwerp and Brussels. Gurudev was asked to speak about "Concentration and Meditation", so he explained, "These disciplines

are to train the mind to function through one channel at a time." Gurudev further elucidated the point by giving the example of closing the valves of a faucet. As one closes off the valves one by one, the pressure will build up in the taps that remain open. "Finally if you close off all but one, that is where you will get the greatest build up of force. And that is what happens in the process of concentration."

Servir, Aimer, Donner

That evening, Rama drove Gurudev to a small town in Holland where Mr. and Mrs. Kruize, students of Rama, operate a Yoga school. They had planned a special evening which was attended by over 500 people. It included Hatha Yoga demonstrations by the young children and adults of the Yoga school. Then Gurudev was introduced by Mrs. Kruize who said, "We are the children of Rama, and we know that Rama is your child. So please think of us also as your little children." Gurudev began by saying, "Shall I call you all my grandchildren?" He spoke to them all about the benefits of practicing Yoga.

Afterwards, Gurudev was invited to the home of the Kruize family where another satsang was spontaneously sparked. Mrs. Kruize requested the blessing of a spiritual name, and Gurudev named her "Karuna" (compassion). He said that he would love to see all Yoga teachers teach as lovingly and melodiously as she does, as if conducting an orchestra.

Gurudev took leave of the beloved Antwerp Yogis, and on the 19th of June arrived in Brussels at the Cercle Dharma, a Yoga center directed by another senior

disciple, Usha Devi. Beautiful photos of Swami Sivanandaji Maharaj and signed photos of Sri Gurudev filled the walls of this center along with plaques reading "Servir. Aimer. Donner. Mediter. Realiser." (Serve. Love. Give. Meditate. Realize.)

Before Gurudev began to speak the two daughters of Dharma members Ramaa and Hari made a presentation. Nishta garlanded Gurudev, and Ananda read a testimonial which is included in the letters section of this issue. Gurudev's words of wisdom that evening may be highlighted by his advice that "The highest Yoga practice is to see that we are all one. Love the whole world as your family, then you are a good Yogi."

Savitri De Meyer, renowned Yoga teacher and president of the Belgian Yoga Federation as well as director of the Integral Yoga Institute in Brussels, had arranged for Gurudev to address students gathered for a seminar at the Brussels Yoga Teachers Center. The topic was "Concentration and Meditation" and was followed by a short meditation experience and chanting led by Sri Gurudev.

Following the seminar was a delightful luncheon held at Savitri and Roger DeMeyer's home where Savitri's students had the opportunity to meet Sri Gurudev. Mrs. Carola Ehlermann had arranged a public lecture that evening at the beautiful Shell Auditorium in Brussels. There Gurudev spoke about Ecumenism and showed slides of LOTUS and the Virginia Ashram.

Gurudev's final day in Belgium was arranged as an afternoon with the two Belgian Yoga Federations. Gurudev emphasized that though the Federations were seemingly

separated by language (one is French-speaking; the other Flemish speaking) they should work well together remembering their common goal, which is Yoga. The joy in Gurudev's face expressed his pleasure of having his talk translated into French by Manu Godfirnon who was seated on one side, and into Flemish by another longtime devotee Narayana Kiekens, seated on the other side.

Lovely sitar music performed by Sri Gaspal Singh and a delicious meal lovingly prepared by longtime friend and founder of the Lima Organization Mrs. Elza Van der Seelen was the close of a wonderful afternoon.

A very special "Father's Day" dessert was offered by the Van Lierde family: a cake in the shape of the LOTUS temple!

Special Thanks

So many people played a vital role in Sri Gurudev's trip to France and Belgium. Very special thanks to Mr. Rama Saenen, Devi, Maya and Gita who were never far from Gurudev's side to care for every need during his stay in Antwerp. To the Brussels Yoga family -- Usha Devi, the Godfirmons, De Meyers, Carola Ehlerman, Tony De Man, and all who lovingly served Sri Gurudev. With gratitude to the French Yogis who showed their special care upon Gurudev: the Godefroys, Petronios, Francoise Villeminot, Swami Yoganandaji, Ambika Berthias, Mitra Schmidt, and of course Mr. Gerard Blitz. May God and Guru continue to shower blessings upon all the European Yogis!

-Sister Devi

CONNECTICUT: Aim High

Gurudev arrived in Connecticut direct from conferences in Belgium and Paris in time to be there for the close of the annual ten-day retreat. As usual, the retreat was silent, and emphasized the universality of all approaches to Truth. Gurudev commended the retreatants for their aspiration in coming to the retreat, and in staying until the end! But at the same time, he commented on how lucky they were: "Out of thousands of flyers that were sent out, only you few came. Not everyone has that desire. That is what is meant by 'many are called, but few are chosen.' That keen interest is not that common in the world."

Although scheduled to speak for the weekend, Gurudev made a surprise visit one night to

hear the talk on Christianity and Yoga by Sister Joan Metzner, MM (whose poetry often appears in this Magazine). Speaking on how one can follow one's own chosen deity and still make use of the guidance of the spiritual teacher, she struck a note that rang true for retreatants from all traditions and that resonated throughout the rest of the week.

Answering a question that used Jesus as an example but that applied to all prophets, Gurudev said, "You say Christ is coming again. How do you know he is not here now just because you don't recognize the form? Hasn't the Bible been translated into so many languages? If he can teach in many languages, why can't he teach in many forms?"

Regarding devotion, he said,

"If you are devoted to a person, you are not a devotee. A devotee is devoted to God's will. Only when you follow that are you a follower. When you want to follow God, you can't see God, but you can see His qualities in someone."

Regarding the teacher, he said, "Who is the Swami? The robe or the wearer of the robe? As you see the Swami is wearing the robe. You should see the Swami behind the body. Why do I wear this? Because I have to. The teacher inside has to wear a body to talk to you. I have a gadget to communicate. Don't put

the peel in the pocket and throw the fruit away."

Asked for his advice on re-entry into the world after the retreat, Gurudev told them that the difficult part was to continue to lead a Yogic life when they went back into the world and got tested. "Aim high," he told the retreatants. "And the minute you get this aim, you will get unseen help. You'll be guided. You'll not be alone. So have that thirst. . . I wish you all strength and guidance from that unseen hand who is God."

-S.S.M.□

LOTUS Update

On Saturday, 15 August, the full moon day, the LOTUS lake finished filling and even overflowed. On that same day, architect Jagadish McCabe arrived from Florida with some new blueprints for the LOTUS and surrounding buildings.

The water of the LOTUS lake is already supercharged from the special ceremonies held and Sri Gurudev's presence there. Swimming in those holy waters is a lovely experience.

Already, the clay from the banks of the lake has been proving its healing properties. One afternoon when Sri Gurudev was swimming in the lake, Divya Shapero and her little daughter Bharati came to join him. Bharati had caught impetigo (a virus which affects the skin). She still had a rash and some blisters on her body. As soon as Sri Gurudev saw Bharati, he called her over and applied clay from the LOTUS lake to every spot where there was any redness.

The next day, all signs of Bharati's impetigo were gone.□



Sri Gurudev and Bharati

Wisdom Offering

Presenting Sri Gurudev's teachings in book and booklet form is an ongoing process for us at Integral Yoga Publications. We have been able to continue this work with the aid of "Wisdom Offerings". Any support you would care to offer for the furtherance of these publications would be greatly appreciated. Tax-deductible donations may be sent to Integral Yoga Publications at Satchidananda Ashram - Yogaville East. Om Shanthi.

Integral Yoga

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.



Raja
Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Karma
Yoga



The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.



Japa
Yoga

The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to It.

Bhakti
Yoga



The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.



Hatha
Yoga

Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Jnana
Yoga



The path of wisdom. By study, self-analysis and awareness, the Jnani Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "Body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

- Swami Satchidananda